

24-hour Alcohol and Drug Curriculum Topic Outline

Due to the changing nature of this information, annual updates of content will be required.

Overview of Brain Functioning

Minimum 1 hour

Pharmacology

20 Total Hours

Including 2 ½ hours for each substance category

Alcohol

- What it is
 - How it enters system
 - How it is used
 - Factors that influence Alcohol's effects
- Types of Beverages
 - Beer
 - High potency beverages
 - Malt liquors
 - Spirits
 - Wine coolers
 - High proof
 - Neutral Grains
 - Fortified Wines
 - Non-alcoholic beverages
- Dosage and Measurements
 - Drink equivalency
 - Non-equivalent drinks
 - Proof
 - Blood Alcohol Content
- Effects
 - Short-term
 - Long-term
 - Health risks
 - Gastrointestinal system
 - Liver Disorders
 - Heart Disease
 - Reproduction and Pregnancy
 - Withdrawal
 - BAC in relationship to effects

Topics that must be covered for each drug or drug type listed:

- **What it is**
- **Prevalence in Indiana**
- **Administration**
- **Effects (short-term, long-term, physical, mental, withdrawal)**
- **Street names**
- **Effects of drug combinations**

Stimulants

- Cigarettes and Nicotine Products
- Caffeine
- Crack
- Cocaine
- Crank
- Ice
- Methamphetamine
- Amphetamines

Hallucinogens

- Marijuana
- LSD
- PCP (Phencyclidine)
- Mescaline
- Psilocybin
- DMT
- Khat
- DXM (Dextromethorphan)
- Absinth

Narcotics

- Stimulants
- Opioids
- CNS Depressants
- Heroin
- Anabolic Steroids

Psychotropics

- Anti-depressants
- Anti-anxiety
- Anti-psychotics
- Psycho-stimulants
- Mood Stabilizers

Club Drugs

- Rohypnol
- GHB
- Ketamine
- MDMA

Inhalants

Over-the-counter Medications

Other drug issues**Minimum 2 hours**

- Show drug dosages—provide drugs or drug substitutes
- Current street values of drugs
- Drug schedules and explanation
- Discuss with possible demonstration
 - Possible controlled burn of marijuana
 - Fatal vision goggles demonstration of BAC
- Drug screens (not lab-specific)
 - Adulterants
 - Amount of time in system
 - Paraphernalia
 - General screening procedures (emphasize following your lab's procedures)
- Where to find latest drug trends—available websites

Discretionary Topic/Q &A**Minimum 1 hour**

This timeframe is required but the topic(s) may be determined by the instructor

Sources

Please cite sources specifically.